Family Readiness Groups

2-2 ID (SBCT)

What is a FRG?

An organization of family members, volunteers and soldiers belonging to a unit that together provides an avenue of mutual support, assistance and a network of communication among family members, the chain of command and community resources.

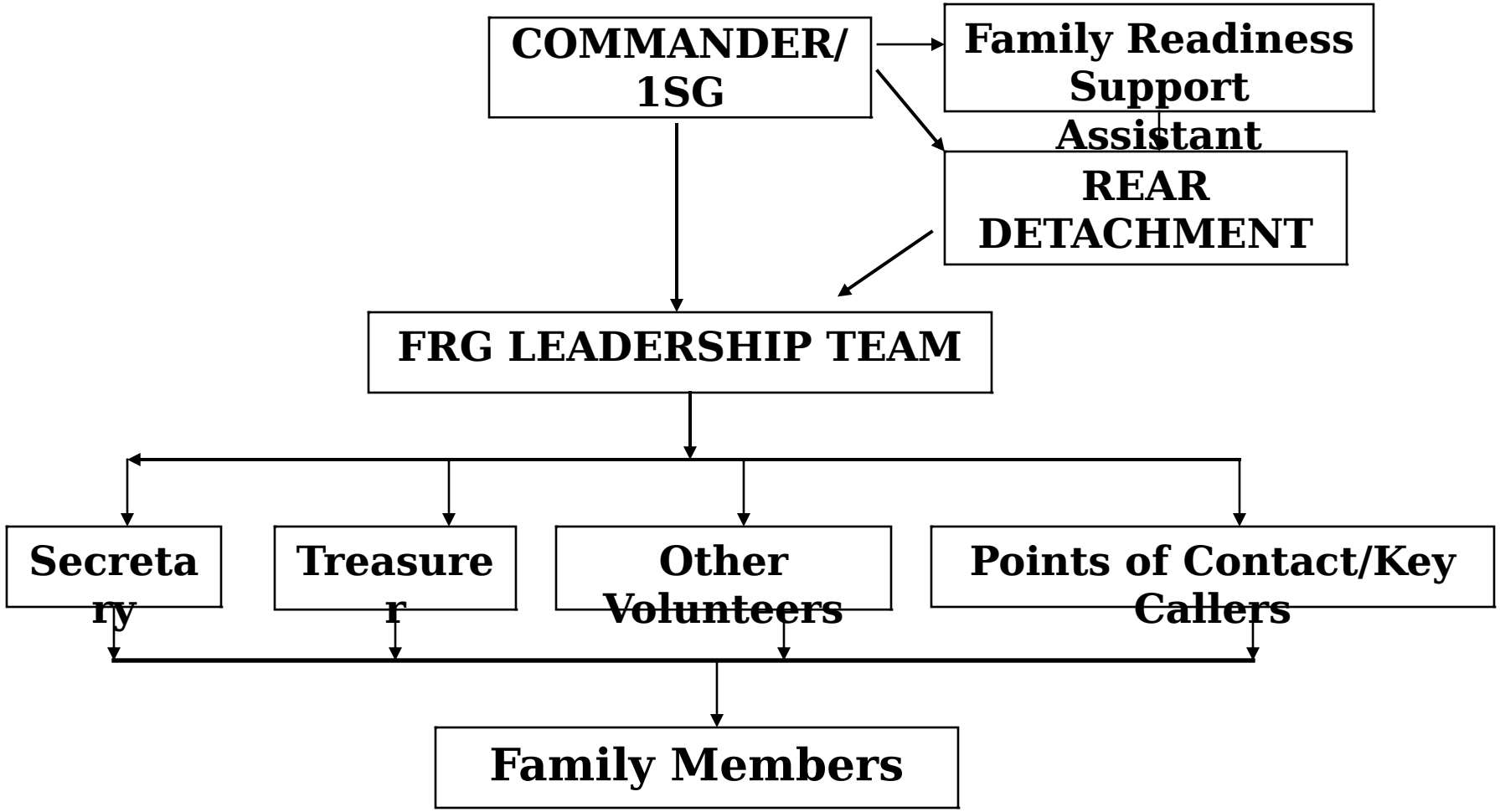
Why does the Army need FRGs?

- **For the family members**: unit FRGs foster a sense of belonging to the unit and provide an avenue for families to develop friendships while they gain pertinent information about the community and the unit.

- **For the unit**: FRGs help to improve the quality of the unit and increase the readiness of soldiers and families.

Mission ready Families
equal
Mission ready Soldiers

Family Readiness Group Structure



A Family Readiness Group…

- Empowers families to become more knowledgeable and self-reliant
- Promotes more efficient use of community resources
- Reduces soldier and family member stress
- Increases soldier’s ability to devote his full attention to the mission by offering reassurance that the family members have close, reliable support

A Family Readiness Group…

- Wants to establish a sense of family within the unit
- Helps family members develop a positive attitude toward the unit, the mission and the Army
- Provides outreach and support, especially during times of deployment
- Fosters a level of unity and confidence for soldiers and families
- Helps increase morale for the soldier and the family members

Family Readiness Groups are not…

- Part of the casualty notification process
- A babysitting service
- A surrogate parent
- A social worker
- A taxi service
- A loan agency
- A welfare agency
- **A gossip group**
- All things to all people

“Individual commitment to a group
effort-that is what makes a team work, a company work,
a society work, a civilization work.”

-Vince Lombardi

What can you do for your FRG?

- Serve as a group leader, co-leader, secretary, treasurer, etc.
- Serve on a Committee:

  -Welcomes

  -Fundraising

  -Activities
- Plan activities and programs
- Be a Point of Contact/Key Caller
- Actively participate
- Bake/prepare food for fundraisers

Take a minute and answer the following questions:

- Are you new to the Army?
- Has it been a while since you participated in an FRG?
- Have you always had ideas of how a FRG should function?

If you answered “yes” to any of these questions, now is your chance to be an active member in your FRG!

If you need information on how to contact your FRG leader, contact the 2-2 ID (SBCT)

Family Readiness Support Assistant

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